From December 2014, the EU Food Information for Consumers regulation (EU FIC) came into force and there is now a legal responsibility for me to provide allergen information about the ingredients that are in the food given to your child. This information will be shared with you where appropriate and you will be kept updated while your child is in my care.

While I will do my best to accommodate food allergies or intolerances, I cannot always guarantee that my food will be free of allergens. If allergies or intolerances are an issue for your child, please discuss this with me before signing any contract, so we can ensure that I am able to meet their needs. I may ask you to provide food for your child if I feel it is in their best interest. I am happy to take advice from the dieticians at your local hospital if this is appropriate.

**My Procedure**

I will check the ingredient list on all foods to ensure no identified allergens are present if children have identified allergies or intolerances. No child will be given foods where an allergen has been identified, and these foods will not be given to the other minded children on that day to avoid any potential cross contamination or exposure to the allergen. If a child in my setting has a severe allergy, other parents may be asked not to include anything in their children's lunchboxes that could cause potential reactions.

If a child has not yet tried one of the allergens identified in the allergen table, I will avoid foods with those ingredients and ask for parents to let me know once they have tried it safely at home.

If I am providing food for a child who has an allergy, I will follow the guidance as set out in the document ‘Safer food, better business for childminders’ from the Foods Standards Agency.

Information on allergens used will be made available to parents on request. It is also important that you, the parent/carer, keep me informed if your child develops any allergies or food intolerances while in my care.

Please indicate any known allergies/intolerances on the table on the following page.

|  |  |  |  |
| --- | --- | --- | --- |
| **Allergen** | **Examples of foods where they may be found:** | **Tried Before?** | **Allergy or Intolerance Identified** |
| Celery | This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes. |  |  |
| Cereals containing gluten | This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. |  |  |
| Crustaceans | This includes crabs, lobsters, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads. |  |  |
| Eggs | This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg. |  |  |
| Fish | This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce. |  |  |
| Lupin | This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta. |  |  |
| Milk | This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces. Lactose is also used as a sweetener in many flavoured products such as crisps. |  |  |
| Molluscs | This includes mussels, land snails, squid and whelks. It is often found in oyster sauce, or as an ingredient in fish stews. |  |  |
| Mustard | This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups. |  |  |
| Nuts | This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. (Note these can be found in breads, biscuits, crackers, desserts, ice cream, marzipan and almond paste). Also nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries. |  |  |
| Peanuts | These can be found in biscuits, cakes, curries, desserts and sauces, such as satay. It is also found in groundnut oil and peanut flour. |  |  |
| Sesame Seeds | This can be found in bread, breadsticks, hummus, sesame oil and tahini (sesame paste). |  |  |
| Soya | This can be found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in ice cream, meat products, sauces and vegetarian products. |  |  |
| Sulphur Dioxide | This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables. |  |  |
| Other/Notes: | | | |

Please indicate any known allergies/intolerances on the table below and give details if an issue has been identified. Please also tick or cross to indicate whether your child has eaten foods before containing each of the allergens.